

brush up on good health

Did you know that signs of a disease may first appear in your mouth? It's true! Diabetes, osteoporosis, HIV/AIDS, anemia, rheumatoid arthritis, and Sjögren's syndrome can all display tell-tale symptoms in the gums, tongue and teeth.

By not keeping your mouth healthy, you may be susceptible to a condition known as *periodontitis* – a serious gum infection that, if left untreated, can be associated with:

- ☞ Tooth loss
- ☞ Cardiovascular disease
- ☞ Stroke
- ☞ Bacterial pneumonia
- ☞ Ulcers
- ☞ Osteoporosis

Women in particular should pay attention to dental hygiene, especially when pregnant or thinking about pregnancy, as gum disease has been linked to premature birth and other complications. Certain medications, including oral contraceptives, put users at a higher risk for periodontitis as well.

Make a choice for better health. Visit spiritofwomen.com.

Sources: MayoClinic.com • American Dental Association • Perio.org

Health is Action®

Good oral hygiene doesn't just benefit your teeth and gums, oral health is important to your overall health. Below is a simple checklist that will ensure your mouth remains healthy and your overall health rocking:

- ☞ See your dentist regularly – only professionals can remove tartar
- ☞ Brush and floss daily
- ☞ Replace toothbrushes every two months
- ☞ Quit smoking
- ☞ Limit sugar and carbohydrates
- ☞ Balance enamel-eroding acids like red wine with low-fat dairy products

Click on the following book links below to stay on top of your health and wellness with recommended reading selections from Amazon.com.



(Paperback - November 2, 2009)

I Feel Good: 10 Easy Steps to Better Health
by Alix Litwack and Deb McClure-Smith



(Paperback - July 25, 2007)

Things You Should Know About Teeth: A Dental Health Guide
by Benjamin Lee, B.D.S.



(Paperback - Sep 2003)

The Oral Health Bible
by Michael P. Bonner and Earl Mindell



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